

## CLAIMS

1. A device for treating plantar fasciitis comprising:  
a boot comprising a shell, a sole on bottom of said shell and a footplate on top of said shell;  
at least one upright connected to said shell;  
a cuff to secure said at least one upright to a lower portion of a leg;  
at least one strap to secure said boot to said foot;  
wherein said sole has a bottom shaped to allow a near normal walking gait; and  
wherein said footplate places said foot in an amount of dorsiflexion.
2. The device of claim 1 wherein there are two said at least one upright.
3. The device of claim 2 wherein said cuff is secured to said uprights by hook and eye closures.
4. The device of claim 2 further comprising at least one leg strap to further secure said calf cuff to said uprights.
5. The device of claim 1 wherein said footplate places said foot in 5° of dorsiflexion.
6. The device of claim 1 further comprising at least one wedge that can be placed on said footplate to increase said amount of dorsiflexion.
7. The device of claim 6 wherein each of said at least one wedge comprises an adhesive strip to secure said at least one wedge on said boot.

8. The device of claim 6 wherein each of said at least one wedge places said foot in an additional 5° of dorsiflexion.
9. The device of claim 1 wherein said at least one strap further comprises a foot strap and a heel strap.
10. The device of claim 9 further comprising pads attached to said at least one strap.
11. The device of claim 1 wherein said sole comprises a rear angle portion, a center portion, and a front angle portion.
12. The device of claim 11 wherein said portions of said sole are joined by arcuate areas.
13. The device of claim 1 wherein said cuff is made of breathable foam.
14. The device of claim 1 wherein said shell and said at least one upright are made of metal.
15. The device of claim 14 wherein said metal is aluminum alloy.
16. The device of claim 1 wherein said sole is made of microcellular polyurethane.
17. The device of claim 1 further comprising a cover for said sole portion of said boot.

18. A device for treating plantar fasciitis comprising:  
a boot comprising a shell, a sole on bottom of said shell and a footplate on top of said shell;  
at least one upright connected to said shell;  
a cuff to secure said at least one upright to a lower portion of a leg;  
at least one strap to secure said boot to said foot;  
at least one wedge that can be placed on said footplate to increase said amount of dorsiflexion;  
wherein said footplate places said foot in an amount of dorsiflexion; and  
wherein said sole has a bottom shaped to allow a near normal walking gait.
19. The device of claim 18 wherein there are two said at least one upright.
20. The device of claim 18 wherein said cuff is secured to said at least one upright by hook and eye closures.
21. The device of claim 18 further comprising a number of leg straps to further secure said calf cuff to said at least one upright.
22. The device of claim 18 wherein said footplate places said foot in 5° of dorsiflexion.
23. The device of claim 18 wherein each of said at least one wedge places said foot in an additional 5° of dorsiflexion.
24. The device of claim 18 wherein each said at least one wedge comprises an adhesive strip to secure said at least one wedge on said boot.

25. The device of claim 18 wherein said at least one strap comprises a foot strap and a heel strap.
26. The device of claim 18 wherein said calf cuff is made of breathable foam.
27. The device of claim 18 wherein said shell and said at least one upright are aluminum alloy.
28. The device of claim 18 wherein said sole is made of microcellular polyurethane.

29. A device for treating plantar fasciitis comprising:
- a boot comprising a shell, a sole on bottom of said shell and a footplate on top of said shell;
  - two uprights connected to said shell;
  - ankle pads attached to each said two uprights.
  - a cuff to secure said two uprights to a lower portion of a leg;
  - at least one leg strap securing said cuff to said two uprights;
  - at least one wedge capable of placement on said footplate to increase said amount of dorsiflexion an additional 5°;
  - an adhesive strip on bottom of each said at least one wedge;
  - a foot strap and a heel strap attached to said shell;
  - pads on said straps;
  - wherein said footplate places said foot in 5° of dorsiflexion; and
  - wherein said sole has a bottom shaped to allow a near normal walking gait.

30. A method of treating plantar fasciitis comprising:

placing a foot into a boot, comprising a sole shaped to protect said foot while allowing a near normal walking gait and a footplate that places said foot in an amount of dorsiflexion with respect to a leg;

adjusting straps to secure said foot in said boot;

repeatedly adjusting said footplate after successive periods of time to increase dorsiflexion of said foot by a certain amount, until a maximum amount of dorsiflexion is achieved.

31. The method of claim 30 wherein said certain amount of dorsiflexion is increased by adding a wedge onto said footplate.

32. The method of claim 30 wherein said maximum amount of dorsiflexion is 20°.

33. The method of claim 30 wherein said amount of dorsiflexion is 5°.

34. The method of claim 30 wherein said boot is worn both during the day and at night.

35. The method of claim 34 further comprising placing a cover over said boot prior to going to sleep.

36. The method of claim 30 further comprising the step of protecting said foot during load bearing activities.